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WARTBURG TRUMPET

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100 WARTBURG BLVD., WAVERLY, IA 50677

Livingston speaks out against bullies

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WKBT anchor Jennifer Livingston addressed an email she received that claimed she was a bad role model for young girls. — WKBT-TV photo

Wartburg alumna, Jennifer Livingston, delivered a commentary on her morning show on WKBT in La Crosse, Wis. that has gained national attention.

Livingston was addressing an email from a La Crosse man, Kenneth Krause, that called her fat and said she was a bad role model for young girls in particular.

On the air Livingston addressed the man because October is Anti-Bullying Awareness month and said, "You don't know me, you are not a friend of mine…you know nothing about me except what you see on the outside."

Since then Livingston has gained national exposure as her story was picked up by stations like "E! News" and she appeared on the "Today Show."

In an interview on "Good Morning America," Krause apologized and said he was truly sorry.

Livingston said to Savannah Guthrie on the "Today Show," that this exposure is beyond what she could have imagined.

Due to her schedule Livingston was unavailable for an interview.

Livingston is a 1997 graduate of Wartburg. Melanie Harms, assistant professor in music therapy, was a classmate of Livingston's.

"I'm very proud to have known her and proud she took her position as an opportunity to educate and empower young individuals," Harms said.

"It was hard for me to hear her say 'as a mom of three' and that's what chokes me up."

Livingston's mom, Linda Livingston, of Marion, Iowa, said she was not surprised by her daughter's assertiveness and standing up when she felt someone had crossed the line.

"She has had such an overwhelming positive feedback from parents and young people about giving them the courage to speak up when someone says something is inappropriate," she said.

Linda Livingston said her daughter said she was not sorry she went public with this.

"She has already heard from parents and children that this is making a difference in the world," Livingston said.

Rev. Larry Trachte said bullying is an issue that society is struggling with and was not surprised that she gave her message on television because she was always an outgoing campus leader.

Trachte said it's important "to be aware of the pain and damage that unkind words can inflict on young people and children and that we never outgrow the vulnerability of being hurt by people who don't think about what they say."

Sorenson selected to sing with Estes in benefit concert

CAITLIN HARBACH *STAFF WRITER*
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From singing in Wartburg Choir to performing with Simon Estes her sophomore year, music has become more than just a hobby, but also a lifestyle for Marie Sorenson. Now as a senior, she has been given the opportunity to sing with Estes again.

To open this year's Artist Series, the vocal performance major will be collaborating with Estes and other musical groups in Estes' own scholarship benefit concert, Roots and Wings, on Oct. 14 in Neumann Auditorium.

Sorenson said the process began when Wartburg's voice faculty had to choose one student to be a part of this musical collaboration. Her voice professor, Jennifer Larson, was given the responsibility to make the final decision and chose Sorenson as the student soloist.

Marie Sorenson will sing alongside Simon Estes in the Roots and Wings Scholarship Benefit Concert. — Emily Novotny/*TRUMPET*

Sorenson said she couldn't believe what she heard when Larson gave her the news.

"I was really surprised," Sorenson said. "Being offered it my senior year again was just amazing."

The Roots and Wings concert celebrates Estes' home roots in Iowa as well as his support for giving scholarships to both high school and college students. The concert includes solos by Estes and Sorenson as well as group performances by the Wartburg Choir and the Bremer County Honor Choir.

Sorenson has participated in other musical groups both on and off campus including the service group Hope Overflow, the acapella group Infinity and her local church.

After working with Sorenson for nearly four years, Larson said she chose Sorenson not just for her musical ability but also her personality.

"She has a heart of gold," Larson said. "With her, it's not about her and the glory that she might receive from singing but from the gifts that she can give to others."

Estes shared similar feelings

▸ Sorenson will sing with Estes — p.3

Student Senate determines Outfly theme

JERICA GEORGE *ASST. NEWS EDITOR*
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When people think of the Olympics they think of the many sporting events and the world-class athletes; and now they can add the Outfly theme to that list.

Last April, Student Senate started to brainstorm Outfly theme ideas for the 2012 academic year. The Olympics idea was tossed around and Senate thought it was a good theme to go with because of the London games this past summer, Josh Trueblood, student body vice president, said.

"We can get the international feel into it and have a certain competitive spirit to the school,"

▸ Senate creates Olympics — p.3

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NEWS

Spanish Department student involvement grows

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Dani Tanner, Carissa Becker, Paige Fox and Kathy Kuennen practice their Spanish speaking skills with each other at there weekly Spanish club meeting. — **Emily Novotny/** *TRUMPET*

Enrollment in the Spanish major and minor has increased 50 percent in the last four years Zak Montgomery, instructor in Spanish said.

Edith Waldstein, vice president for enrollment management, said that 21 Wartburg students are majoring in Spanish, up from 11 majors in 2008.

"The professors in the department work very hard, and it is obvious that they enjoy their jobs," Danielle Tanner, a biology and Spanish double-major, said.

"I think this really helps to influence students who take Spanish because they realize that Spanish at a college level is much different and more interesting than it was in high school."

Montgomery attributes recent growth in the department to new additions like the Costa Rican study abroad program as well as the ever-increasing need for Spanish in the professional world. Spanish minors are constantly being added, most commonly for those entering the medical field.

"It is now widely recognized that some ability to speak Spanish in the professional world is a must," Thomas Boerigter, associate professor of Spanish, said. "In other words, if you don't speak any Spanish, you start your career after college with a deficit."

"I interned at a clinic in Denver this May where a large portion of their job applicants were not even considered due to the fact that they were unable to speak Spanish," Tanner said.

The Costa Rican study abroad program also offers the opportunity for biology majors to intern with a Costa Rican hospital, acquiring 200 hours for credit.

Wartburg students also exercise their Spanish by tutoring students from area schools including Waverly-Shell Rock and Cedar Valley Catholic Schools.

"The spirited nature of the students has really driven a lot of interest on campus," Montgomery said.

In particular, Montgomery's "Latinos in the United States" class tutors Spanish-speaking sixth graders learning English from Carver Academy in Waterloo. While connecting with Carver, Montgomery discovered that the Ballet Folklorico would be performing at Gallagher-Bluedorn Performing Arts Center on Oct. 11.

Montgomery said he thought the ballet would be a good opportunity for both the Wartburg and Carver students to experience together. After contacting Gallagher-Bluedorn, Montgomery received tickets for all 43 students at no cost, courtesy of the John Deere Foundation.

"We can use this as a community-building exercise, because my students are working one-on-one with their students in partnerships throughout the semester every Thursday morning," Montgomery said. "We're trying to build community and provide a rich cultural opportunity."

Wartburg's Spanish club has also seen growth in recent years. In addition to events like Latin dance nights with the Mue'velo Wartburg dance club, members also tutor children from Irving Elementary in Waterloo who speak English as a second language.

"The need for Spanish speakers in the working world is only going to increase," Tanner, co-president of the Spanish club, said. "The faculty is very willing to work with students of all majors to make the extra minor or major fit into an already busy schedule."

The club coordinates Spanish tables as well, a place for Spanish speakers of all levels to practice their speech with other Spanish speakers. Spanish tables meet Thursday nights from 7 to 8:30 p.m. in the Den.

Annual flu shot provides protection for Wartburg Community

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The 74 students that received a flu shot at Noah Health Clinic Tuesday and Wednesday took the first step in preventing the virus.

Victoria Aissen, a nurse at the flu shot clinic, said a flu shot is needed annually.

"Because the flu is a virus and viruses mutate, viruses change, it's not the same virus every single year," she said.

Production of this year's flu vaccine began last year when researchers made predictions about which strains would be the worst, Aissen said.

The vaccine this year contains three different strains, including H1N1. The flu vaccine is for the respiratory flu and does not prevent against stomach flu, she said.

Aissen said one of the biggest factors preventing students from getting vaccinated is that they do not like needles. If students are uncomfortable with shots, they can get a flu mist vaccine instead.

Thomas Perkins, said he does not like needles.

"I have never gotten a flu shot before, no reason to get one now. And I've never really had the flu before, so I'm not worried about it," Perkins said.

Although there have been no documented cases of the flu this season, Aissen said that prevention is key.

Good sanitation techniques during the peak flu season and a vaccine before can help prevent students from getting the flu.

"Anytime you have a vaccine that can prevent a disease or an illness, that's obviously going to be better than getting the illness and having to fight it off," she said.

Brandon Flenor said he got the vaccine as a safeguard against the flu, and because the basketball coaches asked him to.

"They don't want you getting anyone else on the team sick," he said.

The flu shot contains dead viruses of all three strains that your body can then use to build antibodies to fight a later infection.

Some side effects such as soreness at the injection site can occur, Aissen said, but students will not get the flu from the vaccine.

Anthony Melvin, also got a flu shot this year, but wasn't sure if he would get one after he left Wartburg.

"I don't like shots," Melvin said, "and I think getting them is out of my way."

Christine Devires assistant professor of chemistry, was one of many to get an annual flu shot from Noah Clinic. — **Emily Novotny/** *TRUMPET*

Although there is not another flu clinic scheduled for this year, students can still receive the vaccine by calling or stopping at Noah Health Clinic and signing up for an appointment.

'Way of Jesus' study group allows students to talk about faith

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Wartburg student Tawanda Murinda has a tough time escaping the busy schedule of his everyday life, but on Wednesday nights, a new faith expression group on campus gives him a chance to relax and experience some self-reflection.

The Way of Jesus is an hour-long session that gives Murinda and other members the chance to talk openly about their faith and make connections between their lives and different teachings from the Bible.

"It's a way for students to grow deeper in their faith or for those who are exploring faith to have an opportunity to do that with other people," group leader, Rev. Brian Beckstrom, said.

Laura Tanner said The Way of Jesus is more than just a faith-based study group.

"It's a great way to reflect on your faith and to get to know people," Tanner said.

Beckstrom said the new faith expression group was originally based off a once active Wartburg faith group called the Jesus Experiment, but he said there are many things that make The Way of Jesus unique to students.

One new concept is a segment called, "The Examine." This is a process in which members spend time reflecting on their own life and how the selected scripture for the evening connects with them individually.

Students also go on faith walks, a short walk around campus where members can meet new people and share their faith with others.

Beckstrom said a big reason for creating the new group was to help students that struggle to find a connection with God while at college.

"A lot of students come from faith backgrounds, and they get to college and put faith off to the side," said Beckstrom.

"We wanted to have an opportunity for people to get reconnected with their faith."

Murinda agreed that it can be difficult to find time for God during the busy school week.

"Sometimes when you are on campus, there are so many things going on and you don't have time to reflect on your own life," said Murinda.

"When you come here, there are questions that are asked that make you think, and through that thinking you get reflection."

Whatever the reason may be, Beckstrom said The Way of Jesus is creating quite a fan base in its first few weeks on campus and has already amassed over a dozen regular members.

Beckstrom said he hopes the popularity for this new group will continue to grow on campus and that students will take away a much deeper meaning than just a religion-based study group.

"We want this to be training on what it means to be a follower of Jesus," Beckstrom said.

NEWS

Davis UWC Scholars paint CVFF shelter

KRISTIN CANNING *NEWS EDITOR*
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Andrea Dokovic (center) and Milica Njezic paint the kitchen of Cedar Valley Friends of the Family shelter to celebrate the 50th anniversary of the Davis UWC Scholars program. — Oxana Protchenko/*TRUMPET*

Students in Wartburg's branch of the Davis United World Colleges Scholars program painted rooms in the Cedar Valley Friends of the Family shelter in Waverly Sept. 29.

The volunteer project was organized to celebrate the fiftieth anniversary of the Davis UWC Scholars program, with 20 members of the Wartburg branch participating.

The group was invited to attend a celebration at Brown University but was unable to pay for the trip, Davis UWC Scholar Connie Luo said. Instead, the group decided to have their own celebration – a one day service project at CVFF.

"It absolutely brought us together as Davis UWC Scholars at Wartburg, because this was the first group initiative by the scholars. That brings a big smile to my face," program member Neo Maraisane said.

Casey Herkelman, crisis services director at CVFF, a shelter for those affected by homelessness, domestic violence and sexual assault, said the students painted the living room, kitchen and dining area, toy room, five bedrooms and two bathrooms.

"We had a very limited time for the job to be done, and the students were able to do that for us. We're very grateful that they were willing to give up their Saturday afternoon," Herkelman said.

Maraisane drafted ideas for events the group could participate in to celebrate the anniversary, and the group was most interested in service. He contacted the Center for Community Engagement and the Volunteer Action Center and was given a list of possible projects with community partners, where he was connected to CVFF.

Maraisane said organizing the project taught him a lot about working with others.

"I learned how to be a true leader. It took a lot of my time and effort but I knew I was doing something good," he said.

The Davis UWC program promotes international and intercultural understanding through responsibility, respect, compassion and service, Maraisane said.

The program began in 1962 in South Wales. Today, it has 13 two-year campuses on five continents with students from 180 countries, Maraisane said. Students graduate from the program and become Davis UWC Scholars. Wartburg has been one of 94 U.S. partner colleges since 2007.

Herkelman said the shelter is lucky to have a strong connection to Wartburg; students regularly volunteer there as part of residential service projects.

"There have been many times when student volunteers have pulled through for us in a time of need," she said.

Maraisane said Wartburg's Davis UWC Scholars hope to have more service projects throughout the year.

Luo said as a first-year, the event helped her get to know the other Davis UWC Scholars.

"We had fun. I'm just meeting these people for the first time, and there's this connection already."

Senate creates Olympics Outfly theme

◂ continued from p. 1

Trueblood said.

Trying to top last year's theme of Harry Potter is a challenge Student Senate is willing to take on.

While brainstorming ideas, the top choice wasn't the Olympics, it was the Hunger Games. Other ideas for Outfly included Animal House, Trueblood said.

"The Hunger Games would have been an interesting theme but some students are more disappointed than others," Katie Wyman said.

The Olympics are something that most people know about and can relate to. For this theme people don't have to read the book and they don't have to see a movie to understand it, Trueblood said.

"We saw it as something that had a lot of potential for fun activities," Hanson-Pollock, student body president, said.

This year there will be competitions ranging from table tennis, badminton, speed walking, triathlon challenge, dodge ball and cup stacking, Trueblood said.

The Wartburg Outfly tradition traces back to the 1890s and it now occurs once a year during the Fall Term.

"Outfly as we know it is fairly young but the entire tradition is decades old," Trueblood said.

Originally two-thirds of the student body had to go to the president's house and Outfly would be called. Now the whole student body comes together and participates in activities planned by Student Senate, student body treasurer, David Nelson, said.

"I'm hoping to have a lot of student involvement since there will be so many activities happening," Hanson-Pollock said.

New INet offers full photo directory and pay stubs

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Starting next week Wartburg College will have a new INet for students, faculty and staff to use.

The new INet, now being called Intranet, has been in progress for years. Ever since INet was started, Wartburg knew they wanted to have a more robust Internet that was for internal use among students, faculty and staff, Edie Waldstein, vice president for enrollment management, said.

"It will really be designed more for operations of the college to serve students better internally," Waldstein said.

The new Intranet will include a photo directory of all students, faculty and staff and eventually students will be able to view their pay stubs online, Waldstein said.

"The technical side of making it is ITS and the policy side is the president's cabinet," Waldstein said.

One of the reasons Wartburg has decided to start making a new Intranet is because they wanted to better serve students and to have it readily accessible, Waldstein said.

"We really believe that it will be intuitive for students to use," Waldstein said.

An advantage of the Intranet is that it will be efficient and effective in helping students in everything they do from within the classroom to outside the classroom, Waldstein said.

"I am a little worried about having everyone being able to see my information but if there are options to hide some information I would feel more comfortable," Katie Canney said.

A potential disadvantage with having more information available is that there could be a problem with security of student's information, Waldstein said.

"When you make more information accessible and more readily accessible you want to do that in a careful and thoughtful way," Waldstein said.

Wartburg has been one of the later schools to add a photo directory because Wartburg will always protect student's information, Waldstein said.

"You want to make more information available so we can do our jobs better in educating and serving students," she said.

If students want information shown online they have the option of changing it. That information includes home phone number, home address, if you have a spouse and their name and cell phone, Waldstein said.

"I think that having the new photo directory online and students being able to receive their pay check stubs will be really useful for everyone," Canney said.

Sorenson will sing with Estes for second time

◂ continued from p. 1

about Sorenson. He hopes this concert will help build her character for wherever her musical vocation takes her.

"I hope this concert will give her the courage and determination to continue in vocal performance," Estes said. "I feel that she has the talent to have a career."

Sorenson said the performance for the Artist Series will make her last year at Wartburg even better.

"It's just kind of like the icing on top of the cake," Sorenson said with a smile. "This has been such a great year already and then to find out that I'll be singing with him, I'm just really ecstatic. He gives these opportunities for Wartburg Choir and the other choir to spread our wings, if you will."

Tickets for the Roots and Wings Scholarship Benefit Concert are on sale Wartburg's Ticket Office. You can call at 319-352-8691 or go online at www.wartburg.edu/artist.

Sustainability Department will start bike rental program

TORIE JOCHIMS *OP/ED EDITOR*
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To raise awareness of Sustainability Days, Bike Tech repaired bikes outside of the 'W' for free. The Sustainablility Department is starting a bike rental program on campus for students. — Emily Novotny/*TRUMPET*

The Sustainability Department on campus is going to launch a bike rental program for students that they hope to have in place by homecoming weekend.

Anne Duncan, Environmental Sustainability Coordinator, said she thinks the program will be a success and that they are starting with three bikes for rent, but hope to build to five.

"We're starting this because students expressed interest in it, so I think it will be successful since it's student-initiated," Duncan said.

To rent a bike for riding across campus or off-campus, students will be using the same process as checking out a book with their ID. Students will be given a key and a helmet for safety and must return these items when they are finished using the bike.

"I think the idea of bike rental is really cool," Valentina Jordan said. "I'd never heard of it before though, so I hope more word gets out and people really get some use out of it."

"Really, the overall goal is twofold," Duncan said, "We're trying to reduce the miles that Wartburg students and staff are driving, but we're also trying to expose students to the awesome recreational opportunities that Waverly has."

The UHaul Car Share program also saw an update this year, as the cars were taken off-campus over the summer to receive maintenance.

"I've had parents calling me and asking about paying for miles for their kids to use instead of sending a car with them to campus. It hasn't fallen off people's radars even though the cars weren't available this summer," Duncan said.

Opinion & Editorial

Youth apathy a danger to the country's future

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Well, it's that time of year again. Yep, you guessed it: election time.

When you are bombarded with political advertisements and donation requests and all you see when you go out for a drive are signs spread down the street constantly reminding you to support one candidate or the other.

This focus on politics gets annoying pretty fast, and one often tries to bury it down in the dirt and ignore it until the election is over.

This attitude is dangerous because it causes many to give up one of their most basic civil rights: the right to vote.

Voting allows you to choose who will represent you and who will lead America in the direction you want it to go.

The danger of apathy is most prevalent in young people.

According to data collected by the U.S Census Department in 2010, only 25 percent of people 18-29 years old were active voters.

That means about 75 percent in the age range do not, for one reason or the other, want to be involved in the political process.

We leave it up to our parents and grandparents to decide what the country we will inherit looks like.

These politicians will make decisions on what our health care, social security, Medicare and educational system will look like.

But the majority of us leave these important issues up to chance.

We complain about these areas of our nation but many of us don't vote to change what we complain about.

So why is it important to vote?

By voting we deliver a powerful message to those who control politics in this nation.

If enough people voice their opinions through the vote then representatives at all levels will listen.

They crave our support and if they feel they will lose it they do almost anything to win it back.

But with trends the way they are, they don't fear voters.

They know most people don't vote; so why bother paying attention? Voting also fosters civic involvement.

When we cast a ballot, we become at least a little more engaged in current events then if we did not vote.

As Franklin Roosevelt said, "Nobody will ever deprive the American people of the right to vote except the American people themselves, and the only way they could do this is by not voting."

So remember that you do decide what happens in this country and you can become an informed voter.

The nation is ours to control.

Now the only question is will we take up the reigns?

We can do this by taking advantage of voting early at Wartburg on October 17 and 18.

Voting will take place in the Lyceum from 10 a.m. to 4 p.m. both days.

You can register that day with no I.D. required. Just make sure you know your drivers license number or last four digits of your social security number.

We will decide this election. Take control of your future .

VOTE!
Oct. 17-18
10 a.m.-4 p.m.
McCaskey Lyceum

Choice Words | Wartburg Sounds Off

Do the Mensa workers get a $5 bonus for every cross country runner they kick out?
- Let us throw our apples

I guess the tuition increase didn't account for us being able to take two fruits out of the Mensa. Come on Mensa, come on. Sincerely,
- A soon to be backpack fruit loader

Dear Wartburg Security,
If you're going to make me park in V Lot, you should expect me to call for a ride back to my room every time like you told me to.
Sincerely,
- An upperclassmen

Just because the cupcakes in the K-Dit say they are "made from scratch" does not mean they come from Scratch Bakery.
- There's a difference

Dear Senate,
Give us Outfly before it gets too cold!
- It's freezing already

Tights/leggings are NOT pants!
Please put some real pants on.
Thanks,
- People who don't want to see your underwear line

Seriously, can seniors have two Outflys this year? I mean you already took our Large Event!
-Angry Senior

Taking photos when you've been drinking always seems like a good idea at the time...until you look at the pictures the next morning.
- Just sloppy

To the girl who was complaining she couldn't find the light switch: The wall is usually a good place to start looking.
- You're welcome

Dear roommate,
Yes, I love having to climb onto my dresser and jump a big gap just to get in and out of my bed. No, of course I don't mind doing it quietly so you can continue sleeping at 11:30 in the morning.
- Gonna break a bone someday

A walk of shame across campus is bad enough, but a walk of shame across Waverly? That's unforgiveable.
- Stay Classy

I saw Hollis in the library... does that mean Outfly is tomorrow?
- Outfly Conspiracy Theorist

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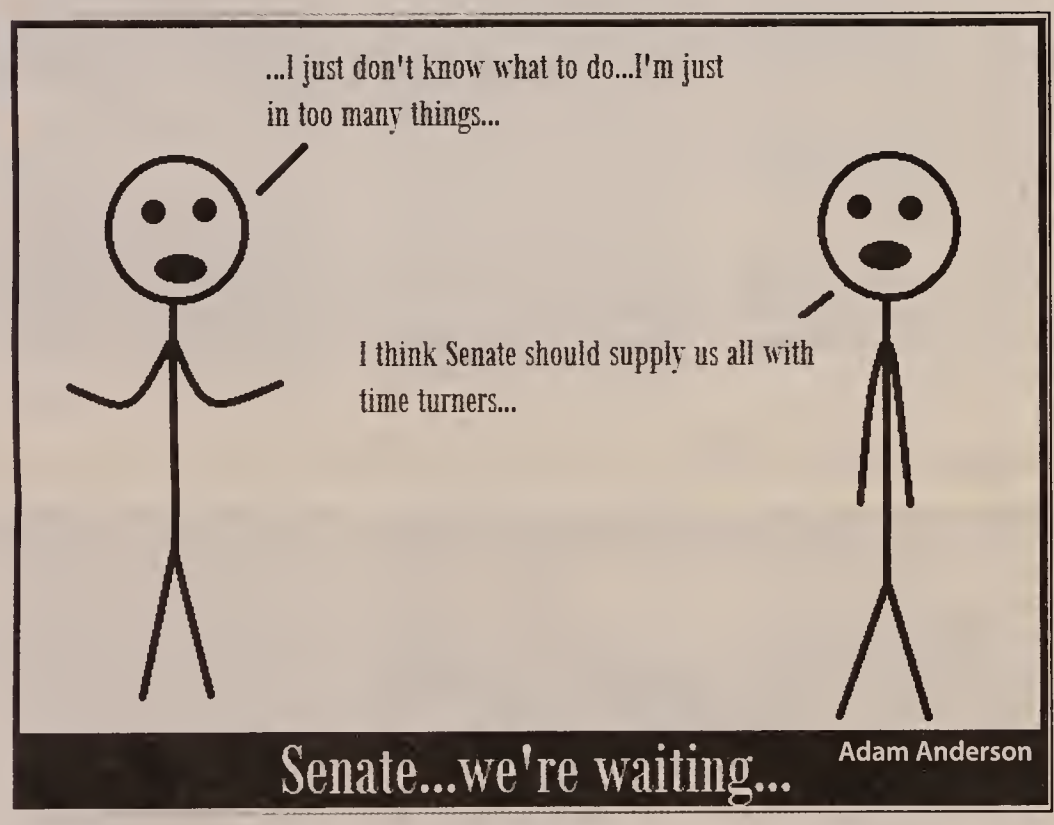
Submit your Choice Words online at:
www.wartburgcircuit.org

Choice Words is dedicated to the (truthful?) expression of the students, faculty, staff and alumni of Wartburg College. Want to share your thoughts, observations or wisdom? Serious or delirious, it's time that you're heard! Either go to the Circuit or tweet #choicewords to see your thoughts here! The Trumpet reserves the right to censor inappropriate and libelous comments.

www.wartburgcircuit.org



Trumpet Editorial

Bringing bullying into the limelight

October is host to a number of national awareness issues, but early on our attention was drawn to one issue in particular: bullying.

When Wartburg alumna Jen Livingston gained national attention for addressing a harshly critical email on air, the ears and hearts of the nation stirred.

The outpouring of support for Livingston is easily seen across the social media world and the issue it brings to light is worth examining.

Bullying was a hot topic a few years ago when the hit TV show "Glee" tackled it from every angle possible, but has since fallen to the backburner and been buried under a mountain of other hot-button issues.

The thing is, just because the issue got pushed to the backburner in the minds of mainstream media doesn't mean that it stopped happening.

Bullies continued bullying and anyone from young children to adults suffered the consequences of that focused torment.

The issue of bullying boils down to basic human rights. Are we not told from our first school days to follow the golden rule?

We're taught to treat others as we would want to be treated and yet, especially in the age of hiding behind a screen and anonymity on the internet, bullying runs rampant.

Livingston's story reminded us of how there are really no limits to who might get bullied.

The outpouring of support she received was an overwhelming reminder of just how many people have been victim to bullying behaviors and haven't been able to speak out about it.

As the bullying issue takes center stage, and hits close to home with a Knight alumna leading the charge, we encourage everyone to help in raising the awareness.

In a way, we are thankful that the issue was brought to light again because it is so easily eradicated if everyone puts forth effort.

We commend Livingston on taking a stand and hope all Knights will do the same.

All it takes is a shift in attitude — a commitment to open-mindedness instead of judgement.

Trumpet

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Letters to the editor are subject to editing without changing the meaning of the letter. Authors will not be notified of changes prior to publishing. Letters must be signed, fewer than 250 words, submitted by 9 p.m. Thursday and related to current issues in the Wartburg community. Letters may be sent to the communication arts office or emailed to wartburgtrumpet@gmail.com. Please type "Letter to the Editor" as the subject line. Publication is at the discretion of the editor.

KNIGHTLIFE

Rugby is making a statement on campus

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Jake Ahles, president of the Wartburg rugby team, is taking small steps in increasing interest in his student-led rugby team on campus. He said he believes there is a particular reason why rugby is becoming popular at Wartburg.

"Rugby is an addicting sport," said Ahles. "It's a tough sport and hard work, but there's just something about it that keeps people coming back for more."

Ahles and his roommate Matt Partridge began the Wartburg rugby team on campus in February 2011.

There was a strong interest in students and they both wanted to bring the sport to campus. Rugby officially became a student-led organization and part of the USA Rugby Union.

"Once we officially organized everything, we just had to get the word out about rugby," Partridge said. "We started telling our friends and people around campus and the idea really caught on."

The rugby team is continually growing with interest. Last spring the team consisted of twelve athletes and is expected to grow to twenty by this spring, Ahles said.

"Rugby is a very different sport and a chance to learn something new," Ahles said. "Everyone gets the chance to run the ball and it's a mixture of some of the best sports, soccer and football."

Rugby is beginning to form a fan base at Wartburg College, Partridge said. Close to 100 fans showed up to the team's winning rivalry home game against Luther last spring.

Ahles said this year he has already had several people ask about the first match and even professors show interest.

This year the team is expected to play other schools with rugby teams including Luther College, Augustana College, St. Ambrose College, Bradley University, University of Northern Iowa, Bethel College and a local rugby team called the Bremer County Bucks.

"We're focusing a lot on playing against different teams and getting experience," Ahles said. "You learn by doing, not watching."

The team is constantly trying to recruit more men to participate, Partridge said. A lot of interest has been in high school athletes that miss the competition in college.

Rugby teammates are practicing their skills and plays out on Clinton field.— **Submitted photo**

There are also several fall sport athletes at Wartburg that will be going out for rugby in the spring.

Ahles said the team is like a family and constantly reminds the players of their team motto.

"Our team is based off the motto 'who do we play for?' If you only play for yourself, there's not a lot of depth. That's why we play for everyone at Wartburg," Ahles said.

The team is really excited about this year's season and has high goals set, Partridge said.

With games set against some of the best teams in the nation, Ahles said he believes big things could happen in the future.

"Right now is a reloading time, but with continued interest our team will only get better," said Ahles. "If we continue building, by spring we could be one of the best teams in Iowa."

Students interested in joining the rugby team should contact Jake Ahles or come to practice Tuesday, Wednesday or Thursday at 6 p.m. on Clinton Field.

Res Life pushes student service projects to be more community based

Molly Felman (left) and Kelly Smith volunteer six to eight hours a month at Bartel's Retirement Community in Waverly to live in the Residence at Wartburg. — **Emily Novotny**/*TRUMPET*

MEGHAN TENDALL *STAFF WRITER*
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Jordan Finch takes a deep breath before she answers the crisis line while volunteering at Cedar Valley Friends of the Family as a Certified Victim's Counselor.

"The first few times I took a crisis call I was flustered, but when someone truly needs your help your instincts kick in and it's easier to problem solve for the victim," Finch said.

Finch said she needs that breath to soothe her nerves while she volunteers at Cedar Valley Friends of the Family as a requirement for living in the Residence Hall.

She is one of many students who participate in a variety of projects ranging from going to the hospital to bake sweets for the elderly, making informational posters and blogging about different topics or volunteering at a women's shelter.

"It makes you very thankful for what you have," Finch said. "It humbles you."

Volunteering and service projects like these have been a requirement for many years, but this year's Residential Life office decided to add to the requirements and give students more options with their service related projects.

Residential Life Service Coordinator Alyssa Dahmer said the main reason for these additions to the program was based on feedback given by the students.

"[The] main difference in this year is we are really amping up recognition," Dahmer said. "We're providing more activities as well as visual publicity of the Löhe and Res projects."

Students have an opportunity to showcase their projects which gives the students the recognition they deserve. It's also an opportunity for them to reflect on how it impacts the community on campus, Dahmer said.

Another choice available to students, specifically living in Löhe Hall, is the option to transition from posters to blogs.

"This year we're trying out going digital with the projects," Dahmer said. "It's a great way for students to spread the awareness of their projects beyond the campus community."

Adding different communication requirements and an increase in adviser responsibility have also been additions to the program.

Dahmer said making those living in suites feel they can better utilize these resources on campus by using their advisers as support was something they have strengthened this year.

"They seem to really grab hold of the projects they are doing and type of research they're doing," Dahmer said. "They seem to develop a stronger passion for those topics."

Finch and her roommates, who also volunteer at CVFF, are working to promote a fundraising event as a part of their service project.

"We want to help make it a forefront issue of today's society instead of in the background," Finch said.

The Fainting Goat will host a fundraising event called "Rock Away Hunger" on Thursday, Oct. 15, and 10 percent of the proceeds will go to CVFF.

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Students may overextend themselves because of pressure to be involved

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Brandon Hosch is involved in several different activities. Hosch runs cross country, works for KWAR, participates in track and is an anchor on WTV. He also is a member of the Tower Agency and president of Public Relation Student Society of America — **Submitted photos**

Signs plaster the walls and bulletin boards on campus. Several of these signs are trying to get students to join various activities.

At Wartburg, there are over 100 different activities including sports teams, clubs and music groups for students to join.

"I feel like there are so many programs to be involved in that it is kind of hard not to be involved in something," Kellie Solberg said. "There are multiple people with lots of organizations that they are involved in."

However, there is pressure on students to join as many of these different groups as they can.

"I think it is the students interpretation of expectations. That is going to come from messages from home, the parental environment, and again their own personal motivations," Stephanie Newsom, director of counseling services, said.

Because of the pressures placed on them, whether by themselves or other factors, students overextend themselves. When students overextend themselves, they lose balance, Newsom said.

Newsom said other consequences of being over-involved include being stretched thin, stressed and having to sacrifice other things.

If students become overextended there are ways to fix it, Newsom said. Most of the things students are in they are in because they love it, Newsom said. This means they will feel guilty cutting any activity.

"It is hard for somebody who is a leader and likes to be a leader and likes to be involved it is very hard for them to remove themselves from an organization, whether it is an athletic team or an ensemble," Newsom said.

"It can be very hard because of their own perfectionist tendencies of not wanting to be perceived as weak or less than or a quitter."

Newsom said if it is necessary to cut some activities it might help to make a list.

"I would look first of all at what that student wants. We would look at pros and cons, what makes you happy and realistically how much can you manage," Newsom said.

There are ways students can be heavily involved without overextending themselves. When joining a group, students should think about what role they want to have. They do not always have to be the leader, Newsom said.

Other times, students need to learn how to delegate, Newsom said.

"I just know my limits. You have to say no sometimes," Sarah Kielly said.

The one thing students need to remember when being involved is that they do not need to sacrifice their own wellness, Newsom said.

> *"I feel like there are so many programs to be involved in that it is kind of hard not to be involved in something,"*
> — ***Kellie Solberg***

"One of the tips I talk with students about is that you have to remember that you are here to be a student. We say student athlete for a reason. That student piece comes first, just like if you are in Student Senate," Newsom said.

"You are a student first and sometimes that gets lost in the mix for students because they love whether it is track or football or choir and they have a passion for that so sometimes the academic piece gets lost."

2012 Homecoming court has been announced

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The 2012 Homecoming court was announced on Sept. 27.

Emily Rasmussen, who is on the coronation committee, told the nominees that they made court.

"Everyone was pretty excited," said Rasmussen. "Some had pretty funny reactions while others were in disbelief."

Rasmussen said she believes that the court this year is a good representation of the Wartburg student body.

"We met the candidates last week and they all seem like great candidates," Rasmussen said.

Overall, Rasmussen said she believes people are excited for Homecoming in general.

Besides Homecoming court coronation, homecoming festivities include Kastle Kapers, the Pepfest and the actual Homecoming football game against Dubuque on Oct. 20.

Students will vote for king and queen online. A link will be sent out and direct students to a site where they can place their votes for Homecoming king and queen.

King and Queen will be announced during Kastle Kapers.

Back row (left to right): David Nelson, Joshua Trueblood, Joshua Hones, Second row (left to right): Taylor Boeckholt, Curt Hruska, Alex Brannaman, Third row (left to right): Carley Wernimont , Randene Davis, Kelsey Scherven, Front Row (left to right): Sara Hummel, Alexandra Ciota, Hollis Hanson-Pollock — **Submitted photo**

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SPORTS

Knights roll over winless Beavers

Freshman quarterback J.J. Hanus winds up to throw the ball in Saturday's win over Buena Vista. — **Shelby Granath**/*TRUMPET*

NATHAN FORD *SPORTS EDITOR*
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Three fourth quarter turnovers led to Wartburg pulling away for its first Iowa Conference victory Saturday against Buena Vista.

The Knights improved to 3-2 overall and 1-1 in the conference with a 42-21 victory over the Beavers (0-5, 0-2) in Storm Lake.

"I thought it would be a tough game, I really did," head coach Rick Willis said. "If you look at the teams BV's played, all the teams they've played are good teams and that's why their record can be deceiving."

Freshman quarterback J.J. Hanus made his first collegiate start at quarterback for the Knights due to Logan Schrader's separated shoulder keeping him sidelined.

Hanus led the Knights 70 yards on their first possession, capped off by a 13-yard touchdown pass to Donald Miller.

"I was a little nervous at first," Hanus said, "but once I got out there and got that score I got a lot more just used to the game tempo and everything."

IIAC FOOTBALL SCORES

Coe	69-7	Loras
Dubuque	29-0	Luther
Simpson	21-18	Central
Wartburg	42-21	Buena Vista

Buena Vista answered at the end of the quarter as John Hill bounced to the outside and outran the defense down the sideline for a 70-yard touchdown to tie the score at seven.

Entering the game, Wartburg's defense was leading Division III in rushing yards per game but the Beavers put up 181 yards on the ground Saturday.

"We have a chance to be a really good defense but if we give up those chunk plays every game that makes it hard," Willis said. "I think it's just a matter of being more consistent."

Reese Thompson's 15-yard touchdown run early in the second quarter put the Knights up 14-7 and the game was never tied again.

Both teams scored touchdowns before Hanus led the team 71 yards just before halftime and scored on a five-yard run to make the score 27-14 at the break.

After a 41-point first half, the third quarter produced no points as both teams struggled to move the ball.

Buena Vista was not done yet though as Bobby Brown found Adam Cave in the endzone for a three-yard score and suddenly the lead was just six points again.

Wartburg came right back as Hanus found Logan Ruffridge open down the sideline for a 30-yard score to put the Knights up for good.

The Beaver's next two possessions resulted in interceptions by Riley Anderson and Mark Lueschow in Wartburg territory.

"That was big," Anderson said of the Knight's fourth quarter. "Every time they came out it seemed like we were getting a turnover."

Hanus was 19-of-25 for 195 yards and two touchdowns in his first career start.

"I thought J.J. did a tremendous job starting his first ball game," Willis said. "We certainly couldn't have asked for anything more from him."

Willis said he is unsure of when Schrader will be able to play again though it may be this week. He said Schrader will remain the quarterback but it's important for Hanus to continue to get experience.

The Knights host Luther (0-5, 0-2) this Saturday in a game Willis said will challenge Wartburg's offense due to the Norse's unique defensive schemes.

The game kicks off at 1 p.m. and can be seen live on Wartburg Television and www.wartburgcircuit.org.

IIAC FOOTBALL STANDINGS

Coe	2-0	5-0
Simpson	2-0	4-1
Wartburg	**1-1**	**3-2**
Central	1-1	2-3
Dubuque	1-1	2-3
Loras	1-1	2-3
Buena Vista	0-2	0-5
Luther	0-2	0-5

Hoffman hopes Wartburg will add lacrosse

After two IIAC schools added lacrosse as an official sport, Peter Hoffman thinks Wartburg will one day do the same. — **Hannah Cox**/*TRUMPET*

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The sport of lacrosse is making its way to Iowa as the University of Dubuque and Loras College announced they will begin women's programs in 2013 and 2014 respectively, with Dubuque also adding men's lacrosse as an official sport in 2014.

Wartburg athletic director Rick Willis said he wasn't surprised to see schools like Dubuque and Loras add lacrosse.

"We've been tracking the growth of lacrosse and watching its evolution as it moves more toward the Midwest. I wasn't overly surprising to see someone try that," Willis said.

Willis said adding a sport is not something that is discussed regularly in the athletic department but there are many different ways that a discussion could get started. One of those ways being student interest.

Wartburg student and San Diego, Calif. native Peter Hoffman attempted to start an unofficial lacrosse club last year but there was little interest.

"There were some kids that said they wanted to play but they'd already sold their gear from high school and just didn't want to pay for it and have that expense," Hoffman said.

Hoffman said he talked to Willis last spring and is interested in getting the club started again after hearing there is more interest in the sport in this year's freshman class.

Hoffman said that even though he is from California and learned the sport there, he's excited to see it growing across the country and now reaching Iowa.

"Now that Dubuque has a program, that puts the pressure on Wartburg a little bit more because you want to be a diverse community and a diverse college and you want to have what other schools are offering," Hoffman said.

"I'd definitely like to put the pressure on [the athletic department] and get a real NCAA sanctioned team."

Dubuque athletic director Dan Runkle said the decision to add lacrosse was based on attracting students to the school.

"Most private schools are enrollment driven," Runkle said. "And so if you can find something that you think would be a niche to help bring students in, in the long run, you're making money because of the cost to go to a private institution."

Just down the road in Cedar Falls, the University of Northern Iowa cut $500,000 out of its athletic budget last spring, yet in Dubuque, it's the opposite.

Willis said it's a completely different situation at a Division III private school than at a Division I public school.

He said the larger schools, such as UNI, are cutting sports in order to reduce expenses while smaller schools are looking to add sports to increase revenue.

"Hopefully what it tells perspective student athletes is that we're serious about trying to provide opportunities for our students to participate in things that they're interested in," Willis said.

Hoffman said he thinks lacrosse could be an official sport at Wartburg in the next four to five years.

"Really all it takes is the initial team to get started and then just keep the interest up," Hoffman said.

IIAC WOMEN'S SOCCER STANDINGS

Wartburg	3-0	9-1-2
Loras	3-0	10-4
Central	1-1-1	8-4-1
Dubuque	1-1-1	5-5-2
Simpson	1-2	7-5
Coe	1-2	7-6-1
Luther	1-2	5-6-1
Buena Vista	0-3	9-4-1

IIAC MEN'S SOCCER STANDINGS

Loras	3-0	12-1-1
Dubuque	3-0	9-3
Simpson	1-1-1	8-5-1
Wartburg	**1-1-1**	**4-5-2**
Luther	1-2	7-3-2
Central	1-2	4-7-1
Coe	1-2	4-9-1
Buena Vista	0-3	5-6-1

Benning's hat trick leads Knights

◂ Continued from p. 8

Her scoring barrage started just two minutes into the game off a corner kick from junior Anna Aquino.

Rachel Pins extended the lead eight minutes later off a pass from Rachel Torry. Benning netted her second goal in the 34th minute to give the Knights a commanding 3-0 lead at the half.

Aquino contributed a goal of her own in the 61st minute. The shutout was ruined when Simpson's Amber Johnson netted the storm's lone goal of the day in the 72nd minute. Benning completed her hat trick in the 79th minute to put the Knights ahead 5-1.

Wartburg has not lost in over a month and Pins said the team is hitting on all cylinders right now.

"Right now I think we are building on the things we are doing well", Pins said. "We're attacking well, we're pressuring teams well"

Wartburg continues IIAC play Tuesday night when they play host to Buena Vista on Think Pink Knight. That game will start at 5:30 p.m.

The men's soccer team will also play host to Buena Vista on Tuesday at 7:30 p.m., along with UW-Platteville on Wednesday at 7 p.m.

Both teams will travel to Dubuque Saturday to square off with Loras, beginning with the women's match at 1 p.m.

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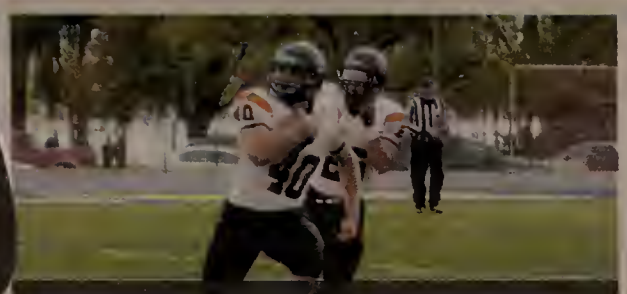

Football team bounces back
After a heartbreaking loss last week, Wartburg won its first IIAC game Saturday **7**

UPCOMING SCHEDULE

Tuesday	M/W Soccer vs. Buena Vista
Wednesday	Volleyball vs. Luther
	M Soccer vs. UW-Platteville
Saturday	Cross Country @ UW-La Crosse
	Football vs. Luther
	M/W Soccer @ Loras

Golfers win sixth straight IIAC title

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Forty-six strokes separated Wartburg and Luther at the Iowa Conference Championships, giving the Knights their sixth straight championship.

The fourth round concluded Saturday at Bos Landen Golf Club in Pella and Wartburg finished with a total team score of 1,330 while second-place Luther scored 1,376.

"Anytime you can win a conference championship it's a great accomplishment for your team," head coach Monica Severson said.

"Obviously winning six in a row is a neat thing but every year is a different team so we're just enjoying what we did this year."

Simpson's Jennifer Gaffney was the individual medalist with a 324 while Kelsi Sawatzky was the top Knight finisher with a score of 330, good for fourth place.

Samantha Heinen (331), Taylor Roberts (334) and Molly McDonough (341) also earned all-conference honors with their fifth, eighth and tenth place finishes, respectively.

Morgan McMillan finished just outside all-conference honors, which go to the top ten finishers, with her 11th place finish and a score of 342.

"The key to winning probably all six of the championships is that we've had good team depth," Severson said.

"I think anybody on my team would tell you that they want the team championship. The medalist is something that if it happens, is a neat thing, but it's not what our goal is," Severson said.

Severson was named Iowa Conference Women's Golf Coach of the Year for the fourth time in her career.

The championship gives the Knights a spot in the 2013 NCAA Division III Women's Golf Championships, which will take place May 14-17 at Sandestin Golf and Beach Resort in Destin, Fla.

Wartburg's appearance at will be their tenth consecutive.

Wartburg finishes 3-1 in Knights Classic

TEVIN LIND *STAFF WRITER*
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The No. 15 Wartburg volleyball team (20-4) went 3-1 at its annual Knight's Classic this weekend, losing only to No. 7 St. Thomas.

"It was a great tournament in regards to we didn't have our best showing at [Buena Vista], so when we came into this tournament we knew we had to play a lot better," head coach Jennifer Walker said.

On the first day of matches, they faced both St. Olaf (8-14) and St. Thomas (23-1) from the Minnesota Intercollegiate Athletic Conference. Wartburg swept St. Olaf, 25-11, 25-14, and 25-21.

The Sieck sisters led the team in kills with Britlyn having 16 and her younger sister Ramey recording 11. Ramey also had 30 assists and Marissa Shinstine had 13 digs.

The Knights beat the Oles in several categories throughout the match including kills (48-25), digs 51-38, hitting percentage (.356 vs. .112) and blocks (7-0).

The Knights faced No. 7 St. Thomas later that night and lost a very tight game, 19-25, 25-21, 20-25, 25-23 and 15-13.

"It was a great game we have had two great games this season in my eyes against them where we are just on the entire time," Walker said.

Four players finished with double digit kills against the Tommies, Bailey Wilson and Britlyn Sieck both had 16 and Maddie Forsyth and Kelly Niemann each had 12.

"I think Maddie Forsyth showed us some amazing play when she sets her mind to it she pounds the heck out of the balls," Walker said.

Ramey Sieck partially blocks the kill attempt of a St. Thomas player in the Knight's 3-2 loss at their home tournament Friday. The match paired two of the top 15 teams in the nation. — Oxana Protchenko/*TRUMPET*

Saturday, Wartburg faced non-conference teams Nebraska Wesleyan (9-10) and Gustavus Adolphus (7-14).

Against Nebraska Wesleyan, Wartburg won 30-28, 25-21, 25-10. Ramey Sieck led in assists with 44 and digs with 15. Her sister Britlyn led the team in kills with 20. The Knights led the Prairie Wolves in team blocks (5-1), kills (52-40), and hitting percentage (.292-.158).

Wartburg went on to face the Golden Gusties which they also won with scores of 25-18, 25-15 and 25-14. Ramey Sieck and Maddie Forsyth had team highs in kills with nine.

Ramey and Britlyn Sieck were both named to the All-Tournament team.

"Britlyn Sieck is just a smart, heads-up player. She is a great leader and makes a play when we need her too, and Ramey is just consistent with everything she does," Walker said.

The Knights defeated Buena Vista Tuesday, 25-21, 25-22, 25-11 and return to IIAC competition Wednesday when they host Luther.

Women's soccer stays on top of Iowa Conference

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The No. 18 ranked Wartburg women's soccer team continued to roll through their IIAC competition last week.

They faced off Saturday against Coe, looking to remain undefeated in the Iowa Conference.

Wartburg jumped off to a good start when senior Lauren Baker scored eleven minutes in to give the Knights a 1-0 lead. The lead was extended shortly after when fellow senior Cathy Reiter executed a penalty kick to double the lead.

The Knights constantly pressured the Kohawks and forced the ball to Coe's side of the field for much of the second half. This slowed down the Kohawks and helped clinch the 2-0 victory for the Knights.

Head coach Tiffany Pins saw that her team had their flaws but was proud of their defense.

"We didn't execute too well on our chances but we did well on the back and got the shutout," Pins said.

Wartburg traveled to Indianola Thursday to face the Storm in an IIAC matchup.

Kaylee Benning was the star of this match as she tallied a hat trick.

▸ BENNING'S HAT TRICK—p.7

Cross country competes at home meet

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The No. 11 ranked Wartburg women's cross country team took second at their annual Dan Huston Invitational Saturday.

The Knights scored 59 points, 32 more than champion Augustana (S.D.), ranked No. 1 in Division II, and ten points ahead of third-place Carleton in the seven-team field.

Alana Enabnit led Wartburg with her second-place finish in a time of 21:45, eight seconds behind Augustana's Runa Falch.

"I'm pretty happy with it," Enabnit said of her individual performance. "Last week at Griak I had a pretty disappointing performance but today I feel like I listened to my coach and I finished."

The weather was not ideal for Saturday's race with temperatures in the low 40's along with high winds.

"I'm kind of a cold wimp but I just tried to focus on glorifying God the entire race and keep my mind off the weather and elements and everything," Enabnit said.

Haddie Vawter placed seventh in 22:33, Erin Sawyers was 10th in 22:48 and Kirsten Youngberg took 19th in 23:16. Lauren Mapes ran a time of 23:21, good for 21st place.

Sam Reed was the top Knight finisher, taking 12th with a time of 25:38 while Bennett Moser was 16th in 26:04.

Parker Comentino and Chase Moser finished with identical 26:19 times, placing 22nd and 23rd respectively.

Chris Huinker rounded out the team scoring with his 26th place finish in a time of 26:35.

The cross country teams have their last regular season meet of the season this Saturday at Wisconsin-La Crosse.